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Aide: Syria did it — that's just 'common sense'

Top White House official joins push for U.S. strikes PAGE 8

AUSSIE MAKES TOP TIME IN TOUR OF ALBERTA

TWENTY-THREE-YEAR-OLD WINS INAUGURAL 129-KM CYCLING RACE THROUGH WILD ROSE COUNTRY PAGE 22

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BIG COUNTRY WINNER

Gord Bamford is presented the Single of the Year award during the Canadian Country Music Awards in Edmonton on Sunday. Bamford also won album and video of the year. JASON FRANSON/THE CANADIAN PRESS

Residents aim to derail LRT bridge plans

Cloverdale Bridge. Southeast LRT plan would remove and replace current bridge

RYAN TUMILTY
ryan.tumilty@metronews.ca

A group of concerned residents are hoping the city will reverse course on plans to remove and replace the Cloverdale pedestrian bridge.

Under the proposed plan for the Southeast LRT, the bridge will be replaced with a combined LRT and pedestrian bridge.

Kristine Kowalchuk and several other supporters were handing out literature on the bridge Sunday, hoping city councillors can be convinced to change the plan.

Quoted

> "It is the only pedestrian-only bridge in the downtown where people can come and enjoy the river without the noise of cars."
>
> Kristine Kowalchuk, who is opposed to the combined LRT-pedestrian bridge

"We are concerned that people aren't really aware of the environmental impact and the community impact that the bridge will bring," Kowalchuk said.

She said she would like to see the city leave the pedestrian bridge alone and reroute the LRT line to use another bridge, such as the Low Level or James MacDonald.

Coun. Ben Henderson, who represents the area south of the bridge, said he is sympathetic, but a route for the LRT was decided years ago.

"There was a great deal of debate at the time and that decision was made three years ago," he said. "We have moved past that discussion. We can't keep on going back."

Henderson said losing the bridge during construction is really disappointing, but he doesn't have a good workaround.

"If there was a way that I could think of that we could build the new bridge and not lose the existing connection, I would be fighting tooth and nail for it," he said.

Kowalchuk said with the LRT being delayed over funding issues, the city should take the time now and find a better route.

"Destroying the river valley should never be a rash decision," she said.

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Education. Big growth challenging for school board

The new superintendent of Edmonton Public Schools remembers seeing a photo taken outside of Michael Strembitsky School, in the city's southwest, last year. The landscape behind the K-9 school, which opened in 2012, was bare, said Darrel Robertson.

That's not the case today.

As more and more houses are built in the suburbs, the city's newest schools are facing increasing enrolment.

In the spring, tremendous growth at two south Edmonton schools, both built in 2010, forced then-superintendent Edgar Schmidt to re-designate Grade 8 and 9 students, in a never-before-seen measure.

As Robertson adapts to his new role as superintendent, a position which officially began Sept. 1, he said he's intent on working with partners to ensure the district has adequate student space.

"There's lots of thought put into the planning process from the City of Edmonton and we're working with the city and the province to ensure that we have school space," he said. "We absolutely need our partners to come to the table with us to figure out strategies to ensure that we're caring for all the kids in those new neighbourhoods."

Robertson said the city is undergoing "unprecedented growth," and every child deserves a great learning environment.

"In some respects, what a wonderful problem for our community to have. We've got lots of new families moving in," he said.

ANNALISE KLINGBEIL/METRO

Jason Botkin, an artist with the Montreal-based collective En Masse, stands with his work on Sunday. RYAN TUMILTY/METRO

Graffiti walls open up in Edmonton

Free wall. Artists take up blank 'canvas'

RYAN TUMILTY
ryan.tumilty@metronews.ca

Edmonton's first graffiti walls got their first splash of paint this weekend, as artists from across the country got to work.

Jason Botkin, with the Montreal-based artist's collective En Masse, was at a wall under the 99 Avenue overpass downtown as he and local painters stepped up to fill the wall.

Botkin said legal walls like these allow artists the time to work on their art and perfect it.

"It does give you a chance to at least practice your craft without worrying about repercussions," he said.

He said over the course of the weekend several local artists came out to use the walls, which are being set up as a pilot program with the Edmonton Arts Council.

Botkin said legal walls can be of benefit to the broader community as well. He said legal walls in other cities attract a lot of attention.

"You will see tourists everywhere the legal walls are just packed with people taking photographs," he said.

He also said he hopes to mentor some of the young artists coming to the show.

"You show them that they have a power tool in their hands; they just have to turn it on," he said.

One of the artists working Sunday, who wanted to remain anonymous, said the free walls are a great opportunity to spruce up the city.

"Edmonton is not a very artsy city and if you feel like there should be more art around, someone has to do it," he said.

The artist, who works illegally as well, said the free walls are not going to stop his illegal work, because it doesn't duplicate the entire experience.

"It's adrenaline," he said. "Once you jump down off a roof or whatever, your heart is just racing."

Free walls

Two other free walls have been set up in the city. One wall is at the Tweedle Place Tennis Building and another is behind the Tire Craft store on Whyte Avenue.

Wrestling wins spot for 2020 Olympics

Spared. Edmonton athletes glad sport won IOC vote after facing removal from Games

Local wrestlers are breathing a big sigh of relief after the International Olympic Committee pinned plans to remove the sport from the 2020 games.

The notion of removing the sport first came up in February, but when the votes were cast Sunday the sport was spared.

Wrestling received 49 votes to win in the first round of the secret balloting by the International Olympic Committee. Baseball-softball got 24 votes and squash 22.

"Wrestling has shown great passion and resilience in the last few months," IOC President Jacques Rogge said. "They have taken a number of steps to modernize and improve their sport."

The University of Alberta has at least two wrestlers who hope to be hitting the mat when the Olympics go to Tokyo in 2020, according to coach Owen Dawkins. He said the uncertainty over the sport's future was a real concern for university and high school level teams.

"It has been a huge burden resting over all of us because it is a decision that affects us at every level," he said. "All of a sudden that carrot of luring kids into the sport would be gone."

Dawkins said the sport's close call could have an upside.

"They have made the changes to make it a lot more exciting." RYAN TUMILTY/METRO

WITH FILES FROM THE CANADIAN PRESS

Canada's Carol Huynh takes down Isabelle Sambou of Senegal during the Olympic Games in London in 2012. FRANK GUNN/THE CANADIAN PRESS

SeekingArrangement.com. Local students seek sugar daddies, site founder says

Nearly 150 University of Alberta students have registered as sugar babies on an American sugar daddy website in an attempt to alleviate the financial pressures of post-secondary education.

As students settle into university life and grapple with the financial stress that often accompanies it, Angela Jacob Bermudo, spokesperson for Seeking-Arrangement.com, expects more students will register for the website, which offers "mutually beneficial" partnerships between students and established individuals with money to spare.

Bermudo said historically students across North America have turned to the website "in shocking amounts," when governments make cuts to education or increase tuition.

"It's very unfortunate that the government is not able to prioritize its students which inevitably are the future of its economy," Bermudo said. "Whenever these things happen in specific provinces or regions we notice a lot of students start to sign up."

While students in Alberta aren't facing increasing tuition, cuts announced in the March budget have impacted schools.

Sugar daddies from across the world provide students with money for everything from bills and books to tuition, living costs and cars, Bermudo said.

"These sugar babies, it's hard to measure the amount of stress they're avoiding by not having to worry, 'how am I going to make rent next month?'" Bermudo said.

ANNALISE KLINGBEIL/METRO

By the numbers

- There are currently 147 University of Alberta students using Seeking-Arrangement.com
- The University of Calgary has 66 users

Anthony Henday Drive

Man found dead after single-vehicle accident

Edmonton police are investigating after the driver of an SUV was killed on the Anthony Henday on Saturday.

Officers responded to a report of a single vehicle accident in the area of Anthony Henday Drive and 91 Street around 11:52 a.m. on Saturday.

A man, the only occupant of the vehicle, was declared dead on scene.

METRO

Throw hat in ring

As election day nears, more candidates enter

With nomination day now just two weeks away, one more candidate has entered the race in Ward 1.

Jamie Post, a community league volunteer who works in the not-for-profit sector, has announced his plans to run.

Weslyn Mather, a former Liberal MLA and teacher, is now running in Ward H in the Public School board race.

METRO

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intel inside CORE i7

University set to punish two students over pro-rape chant

Saint Mary's. School says investigation may send yet more students to disciplinary hearing

ANDREW RANKIN
Metro in Halifax

Halifax's Saint Mary's University is coming down on two of its students for their alleged role in the pro-rape chant that sent shock waves across the country last week — and they might not be the only ones.

University spokesman Steve Proctor said on Sunday that the pair will be facing a disciplinary hearing in the next 10 days after a student came forward with a complaint on Friday.

Severity

Depending on what comes out of the disciplinary hearing, Saint Mary's University spokesman Steve Proctor said the students could be facing anything from fines to suspension or expulsion.

He also said the investigation could lead to other students being punished.

The incident, which was captured on video and led to the resignation of the university's student-union president, Jared Perry, shows a large group of students participating in a chant promoting non-consensual sex with minors.

"Y is for your sister … U is for underage, N is for no consent," the mob sings.

Jared Perry, who has stepped down as president of the Saint Mary's University Student Association, takes questions from the media on Thursday. JEFF HARPER/METRO IN HALIFAX

University of B.C.

Similar act reported at 2nd school

Officials at the University of British Columbia say they will investigate reports that a chant endorsing non-consensual sex was recited during frosh week.

A statement on the university's website says it's alleged the chant was made on one or more buses taking students between events during frosh orientation activities run by the UBC Commerce Undergraduate Society.

THE CANADIAN PRESS

River-chucked rubber ducks buck barrier, run amok

Organizers of the Great Manitoba Duck Race are still trying to track down stray rubber duckies after thousands got loose. COURTESY ASSINIBOINE PARK CONSERVANCY

Organizers of the Great Manitoba Duck Race need help getting their ducks in a row.

More than 13,000 little yellow rubber duckies were released onto the Assiniboine River Saturday as part of a fundraiser for the Assiniboine Park Conservancy (APC), but unfortunately a whole lot of those ducks didn't want to get out of the water once the race was done.

"We had professional-grade oil booms that spanned the width of the river and we had kayakers in there as well, but the current was so strong it pushed some of the ducks over the barrier," explained Laura Curtis of the APC, estimating about 6,500 ducks got loose and continued their leisurely swim down the river.

"It was a windy day … and we didn't have any way of predicting this would happen."

The City of Winnipeg helped the APC collect about 6,000 of the ducks Saturday.

Stuck plucking

6,500

Organizers estimated about 6,500 rubber ducks got loose during the race, with roughly 500 remaining at large Saturday.

SHANE GIBSON/METRO IN WINNIPEG

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Determined Philippine newcomer asks the right questions to find her way

"Don't be afraid to ask questions, because people here want to help immigrants," says newcomer Carrie Palaganas. Determined to succeed, she took that approach during her first weeks in Canada, arriving with her husband and teenage son in the midst of the Edmonton winter.

"It was really difficult since we came from 28 degrees to –28 degrees, and we did not have enough warm clothes," recalls Carrie, a former banker and registered nurse who left the Philippines to access better opportunities for her son.

"Fortunately I had some living angels here," gushes Carrie, speaking of her immigration agent, her family and a high school friend who moved to Alberta a decade earlier. "With their help, we found winter clothes, got our paperwork organized and found an apartment in the city and on the school bus routes."

Carrie was also impressed by the team at the Edmonton Commercial Banking Centre and Main Branch, including Customer Service Officer Janelle Brideau, who alleviated her concerns about protecting the savings the family brought to Canada.

"Banking is very complicated here, with so many different accounts, but they helped us choose the right package with the best benefits," says Carrie, referring to the ***Scotiabank StartRight***® Program.[1] Through the *StartRight* Program, Carrie received a free day-to-day bank account for one year[2], a wide range of credit card options[3] and a number of other customized services and benefits. "I realized that a credit card is important because you need to build credit history if you want to buy a car or house someday."

While Carrie praises the kindness of others, she made a point of seeking advisors to answer her questions, even among fellow commuters who helped her navigate the transit system. "In the Philippines, everything was just around the corner," she laughs.

Carrie also showed perseverance to succeed. When she realized it would take time to recertify as a nurse, she applied her personality and bank work experience to earn a position at Scotiabank® as a customer representative. "Now I can make other newcomers comfortable," says Carrie. "The other day a customer remarked, 'Thank goodness there is a Filipino here,' since she preferred to conduct her banking in our native dialect."

From her own experience, Carrie urges newcomers to, "Find a good bank that has nice people who want to know you and help you start a new life. Don't be afraid to ask questions to understand all the facts."

"In general, I would tell other immigrants to be strong and hang on, because this is a better place and people here will help you," concludes Carrie. "Today, I can see the sun is shining."

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Carrie Palaganas is now enjoying sunny days in Canada, after getting answers to her newcomer questions from helpful advisors at Scotiabank.

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‘Common sense test’ points directly at Assad: White House

Syria. White House chief of staff makes case for U.S. strikes in Syria; lawmakers to vote on military action this week

U.S. President Barack Obama’s top aide on Sunday pressed the case for “targeted, limited consequential action” to degrade the capabilities of Syrian President Bashar Assad to carry out chemical-weapons attacks as the White House mounted a major push to win support from a divided Congress and skeptical American public for a military strike.

White House Chief of Staff Denis McDonough asserted that a “common sense test” dictates that the Syrian government is responsible for a chemical-weapons attack that Obama says demands a U.S. response.

But he said the Obama administration lacks “irrefutable, beyond-a-reasonable-doubt evidence” that lawmakers who will start voting on military action this week are seeking.

“This is not a court of law. And intelligence does not work that way,” McDonough said, part of a five-network public-relations blitz Sunday to build support for limited strikes against Assad. “The common-sense test says he is responsible for this. He should be held to account,” McDonough said of the Syrian leader who for two years has resisted calls to step down.

The U.S., citing intelligence reports, says sarin gas was used in the Aug. 21 attack outside Damascus, and that 1,429 people died, including 426 children.

Obama has scheduled six network interviews on Monday and then a nationally televised speech from the White House on Tuesday, the eve of the first votes in Congress.

THE ASSOCIATED PRESS

In this citizen-journalism image, which has been authenticated based on its contents and other Associated Press reporting, a Free Syrian Army fighter stands on a damaged military tank in Zabadani, near Damascus, Syria, on Sunday.

THE SYRIAN REVOLUTION AGAINST BASHAR ASSAD/THE ASSOCIATED PRESS

Search authority

Surveillance-court ruling allowed NSA search of domestic email, report says

The Obama administration quietly won permission from a surveillance court in 2011 for the National Security Agency to search deliberately for Americans’ communications in its huge databases of intercepted phone calls and emails, according to a published report.

The Washington Post reported Saturday that officials in 2011 got the court to lift the ban on those kinds of searches, which the court imposed in 2008 at the government’s request.

The search authority has been used, the Post reported, noting that the permission to search and keep data longer expanded the NSA’s authority in significant ways without public debate or any specific authority from Congress.

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Decision day in Moscow

The incumbent vs. the maverick.

Strong showing could embolden opposition

Moscow is holding its first mayoral election in a decade. Although an incumbent backed by President Vladimir Putin was expected to win Sunday's election handily, the candidacy of charismatic opposition leader Alexei Navalny is changing Russian politics in ways that could pose a risk for the Kremlin in the months and years ahead.

If Navalny could get more than 20 per cent of the vote or even come close to forcing incumbent Sergei Sobyanin into a run-off, it could embolden the opposition in its efforts to one day drive Putin from power.

A vote seen as unfair could trigger protests, just as reports of widespread fraud in a national parliamentary election in 2011 set off the unprecedented protests against Putin's rule.

Navalny had built an online following through his anti-corruption blog, but it was these protests that cemented his status as de facto leader of the opposition, as he led street marches that attracted tens of thousands of people from across the political spectrum.

During the mayoral race, he introduced grassroots politics to the Russian capital, inspiring thousands of enthusiastic volunteers to join his campaign.

Sunday's election was the first since 2003.

THE ASSOCIATED PRESS

Russian opposition leader Alexei Navalny, with his wife and kids, leave a polling station in Moscow's mayoral election Sunday.
IVAN SEKRETAREV/THE ASSOCIATED PRESS

Guyana

Judge rules cross-dressing (mostly) not a crime

A judge in Guyana has ruled that cross-dressing is a criminal offence only if done for an "improper purpose" like prostitution. The law has banned males from wearing female attire and vice versa in public or for improper purposes. The justice ruled that people can't be found in violation if they are dressing "for the purpose of expressing or accentuating his or her personal sexual orientation in public."

THE ASSOCIATED PRESS

Bali

Miss World opens after protests by hardliners

The Miss World pageant opened Sunday after protests by Muslim hardliners confined the event to Indonesia's predominantly Hindu resort island of Bali.

The opening ceremony featured Bali's Kecak Dance and a parade of all 131 contestants. Controversy over the pageant has been mounting in Indonesia, which has a reputation as a tolerant, pluralist society.

THE ASSOCIATED PRESS

Italy. Berlusconi turns to human rights court

Former Premier Silvio Berlusconi is turning to Europe's human rights court in a bid to avoid a ban on public office and other punishments for his tax fraud conviction, the media mogul's aides said Sunday.

The politician and media magnate was found guilty of artificially inflating the amounts paid for film rights by his Mediaset empire to reduce its tax liabilities. Berlusconi claims he is an innocent victim of magistrates who sympathize with the left, but the verdict was upheld by Italy's top criminal court last month.

His top aide, Angelino Alfano, said the petition to the France-based tribunal shows the case "isn't closed."

Alfano didn't say on what grounds the petition was filed. But, "we are really confident, that at the European level, we can reach a finding of innocence that so far in Italy hasn't been possible," he said.

Italy's Court of Cassation confirmed a four-year prison term — though Berlusconi is unlikely to actually serve it — and also ordered a Milan appeals court to determine the length of a ban on serving in public office from one to three years. THE ASSOCIATED PRESS

Italy's former PM Silvio Berlusconi speaks with supporters in front of his home on July 1 in Milan. PIER MARCO TACCA/GETTY IMAGES

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Bitcoin ATMs are coming to Canada

Digital currency. Kiosks will make buying and selling Bitcoins easier

The first time Ryan Johnson bought Bitcoins — an emerging digital currency that isn't controlled by any authority such as a central bank — was with a pocket full of cash from a stranger he had met online.

"It was almost like a sketchy drug deal," recalls the 31-year-old Vancouver resident.

Since that first transaction in January, Johnson has been exchanging his Canadian cash for digital currency at Bitcoiniacs, a physical store in Vancouver that acts like a Bitcoin broker.

"It's just much more comfortable to go sit down in an office at a brick-and-mortar building with a professional that knows a lot about Bitcoins, do a professional transaction and get a receipt for it," says Johnson. "It's reassuring."

Quoted

"Our goal is to make Bitcoin truly grandma-friendly."

Jordan Kelley, CEO of RoboCoin, which makes the Bitcoin kiosks

Soon, Johnson and other Canadian Bitcoin enthusiasts will be able to exchange Canadian cash for the digital currency through a kiosk that's similar to an ATM.

Bitcoiniacs says it has ordered five Bitcoin kiosks from a Las Vegas-based company called RoboCoin and intends to roll them out across Canada in the coming months, with the first machine expected to land in Vancouver in early October.

Four more kiosks will arrive in December, and although their locations are not yet certain, Bitcoiniacs says it's eyeing major Canadian cities such as Toronto, Montreal, Calgary and Ottawa.

"Basically, it just makes it easier for people to buy and sell Bitcoins and hopefully will drive the adoption of Bitcoin, and make it more accessible for people," says Mitchell Demeter, the 27-year-old owner of Bitcoiniacs.

THE CANADIAN PRESS

Bitcoin kiosks made by RoboCoin will arrive in major Canadian cities starting this fall.
COURTESY ROBOCOIN

Sky-high strike comes to an end

The world's largest radio telescope will resume operations Monday after workers ended a 17-day strike. The observatory, pictured above, is known as the Atacama Large Millimeter/Submillimeter Array and is located on a remote plateau above Chile's Atacama desert. It searches for clues about the dawn of the cosmos — from the coldest gases and dust where galaxies are formed to the energy produced by the Big Bang — and is jointly funded by the U.S., Canada, Japan and Europe. Chilean observatory staff reached an agreement with Associated Universities Inc. that includes reduced hours and a bonus for high-altitude work. THE ASSOCIATED PRESS FILE

Bucharest, Romania

Canadian gold mine generates controversy

Thousands of Romanians demonstrated on Sunday both for and against a planned Canadian gold mine that would use cyanide in the extraction process. The project would create the biggest gold mine in Europe, razing four mountains to make way for an open pit mine.

Supporters say the mine would bring vital jobs and investment to a deprived area in northwest Romania. Opponents say it will present an environmental risk. "Save Rosia Montana," some 2,500 protesters against the mine shouted Sunday, referring to the town where the gold mine would be. THE ASSOCIATED PRESS

Protesters in Bucharest, Romania, demonstrate on Sunday against a proposed Canadian gold mine.
THE ASSOCIATED PRESS

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ASLEEP BEHIND THE HELM

URBAN COMPASS

Terence Harding
edmonton@metronews.ca

Imagine for a moment that you are the Captain of a ship or perhaps his or her First Officer.

There's no doubt that you would not be involved in the day-to-day running of the vessel. It wouldn't be up to you to determine how the engines were performing or the amount of fuel you had. You would, however, expect to be kept informed of how the ship was performing and be made aware of any problems that had happened or were likely to occur.

Regular reports would enable you to decide if a course correction was needed or if repairs should be undertaken. Under no circumstances would you just assume that everything was OK without having that verified regularly.

Now think of Edmonton as a ship. See the mayor as Captain and councilors as senior officers. They are not involved in the day-to-day running of the city, but we expect them to be on top of things. This would enable them to respond to concerns before they became major problems.

So here are my questions. Did no one on council know that there was a flooding problem in Mill Woods that had gone uncorrected for years?

Did no one on council know that our drainage infrastructure was in need of hundreds of million of dollars in repairs?

Did no one on council know that not enough money had been budgeted for snow removal and street repair?

Did no one on council know that our plans to expand the LRT were dependent on monies that had not been committed to by other levels of government?

Did no one on council know that new tax revenues that will accrue from increased growth in the downtown, which could be used to address some of our most pressing civic issues, were going to be used to pay for our share of the arena instead?

Who knows if council doesn't?

Did no one on council know that our drainage infrastructure was in need of hundreds of millions of dollars in repairs? Did no one on council know that not enough money had been budgeted for snow removal and street repair?

Perhaps they just said to themselves, "Oh well, we can just increase taxes." And then went back to sleep.

Given the number of stories about the sorry state of our city and its finances, I guess it is not surprising that a lot of councilors decided not to run in this election.

Those councilors who have decided to run again have a lot of explaining to do about how all our current issues seem to have escaped their notice. One can only hope that voters decide to hold their feet to the fire.

ZOOM

Squeak my ride: Skater mice

TIM MARSDEN/REX FEATURES

Stunt mice learn new tricks

Daring, athletic, and super cool — this mouse is from an elite sports training camp in Australia, run by coach Shane Willmott. The instructor had previously taught his furry students to surf, but for winter has switched them to a rodent-only skate park where they practise on ramps and even a wheel of fire. METRO

Talking to a trainer

"Mice are built to surf and skate because their centre of gravity is so low. When they do fall off, they want to get straight back on board."

Shane Willmott, 42, rodent coach

Other tails of talent

- **Jumpy.** A collie in a YouTube smash can skate, surf, dive and perform handstands.
- **Moscow cat theatre.** The only one in the world, with its performers known for tightrope skills.

Worth Mentioning

Kijiji pressed to end sales of household pets

A Yorkie rescued from a puppy mill is shown in Dania Beach, Fla. THE ASSOCIATED PRESS

Canada's largest classified website is under pressure to ban the sale of household pets as part of a Montreal woman's quest to put an end to puppy mills.

Barbara Lapointe, a mother who operates a dog-walking business, wants Kijiji instead to promote adoption from registered animal rescue groups and individual families.

Lapointe's online petition, posted on the website Change.org, had collected nearly 48,000 signatures by midday on Sunday.

Lapointe is also trying to get her local municipality, the Town of Mount Royal, Que., to ban the sale of animals in pet stores. She said cracking down on pet stores would eliminate a major marketplace for puppy mills, but even then illegal breeders would "still be able to resort to online sales."

Kijiji Canada has no plans to change its policy.

THE CANADIAN PRESS

Twitter

@metropicks asked: Kijiji is being pressured to end sales of household pets. Should online pet sales be banned?

@readstooswift: Yes, because there's no way to track the credibility of those selling pets online.

@MyBoyMaple: No way! See my profile pic? My dog is named Dominoe. Got him off Kijiji. Love this lil guy. Kijiji should keep on.

@Barbara___: my dog was bought on Kijiji, couldn't ask for a better pet!

@variableYY: Must the Man control every part of our lives? Leave online trading alone!

@KikuAnne: No, because then people who need to find a new home for pets can't find their audience. Ban the mills, not the method of sale.

@LorissaDowdell: no way. Rescue animals are posted on there. They need loving homes too

@georgeleonBC: The control should be with purchaser. See any issues, walk away and report to SPCA

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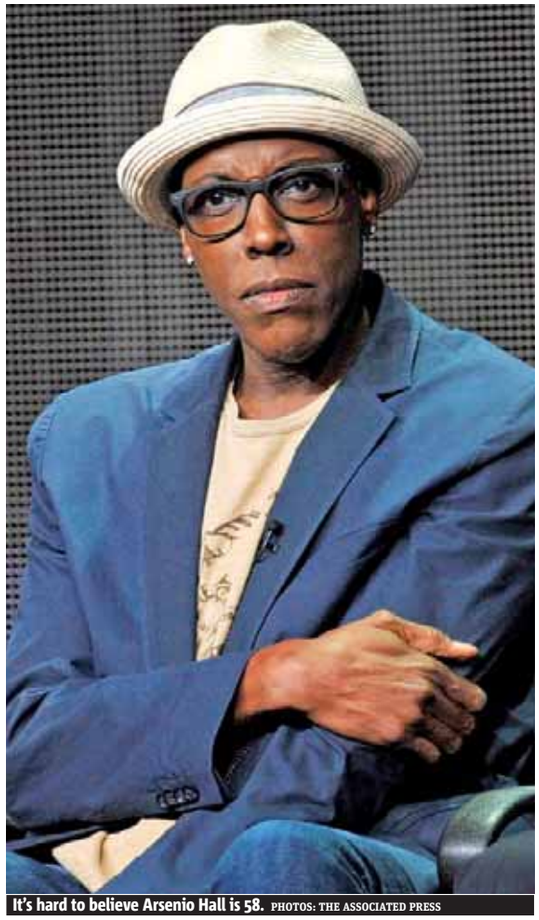
SCENE 2

Arsenio Hall ready to have a ball

Return to late night. Host who ruled the early '90s is back and ready to pursue his dream in a modern, crowded field of shows



It's hard to believe Arsenio Hall is 58. PHOTOS: THE ASSOCIATED PRESS

Hall, with Bill Clinton playing the saxophone, back in the '90s.

Did fate decree that Arsenio Hall would return to late night after two decades' absence?

If so, he's answering that comeback call today with the premiere of The Arsenio Hall Show (syndicated; check local listings for time and channel).

And he's itching to get going.

"You know how certain things make you nervous?" he asked recently. "I don't like to fly, but once I'm on the plane and we're over the Rockies and I'm watching a movie, I'm fine.

"Right now I feel like I do when I'm in the airport."

It was in 1987 that a then-unknown Hall, briefly stepping in for Joan Rivers' short-lived Fox talk show, took flight as the cool, hip alternative to NBC's Tonight Show titan Johnny Carson.

Then, in January 1989, he debuted with his own syndicated late-night show against Carson.

He proved a formidable rival with his party atmosphere (the Dog Pound audience greeted him with "woofs" and other animal sounds as well as applause) and a wide range of guests, including presidential candidate Bill Clinton (sporting shades and wailing Heartbreak Hotel on his sax) and basketball great Magic Johnson shortly after announcing he was HIV positive.

But by 1994, Hall was facing new competition from Tonight host Jay Leno and David Letterman on CBS. With ratings slipping, he announced he was leaving the late-night arena, and, gracefully, he did.

In the years that followed, he kept a low profile. A sitcom came and went.

He hosted Star Search for a season. He co-starred on the CBS drama Martial Law for a couple of years. He did standup.

He also devoted himself to his son, Arsenio Jr., now 13, whose mother is Hall's ex, former manager and down-the-street neighbour Cheryl Bonacci.

"I love being a dad," he said. "When kids got together at Chuck E. Cheese, there were a lot of mothers — and me."

But Hall yearned to return to late night. In June 2012 he announced it was happening.

"People say, 'How did you know when to do it?' Several times before I had tried!"

False starts included a meeting with studio bigwigs he skipped because his son was sick. Or the nail in a piece of sushi that broke his tooth the night before an all-important guest-hosting gig.

"Signs like that," Hall said, "seemed to mean I wasn't ready yet."

Now he's sure he's ready, whatever skeptics may say.

"I hear all the long-shot talk: 'This is an impossible thing to do after all this time.

"The field is so crowded.' But I still have to pursue my dream!"

THE ASSOCIATED PRESS

What's in a name?

As part of his strategy to reintroduce himself, Hall became a contestant on The Celebrity Apprentice early in 2012 — and ended up not only gaining the exposure he sought, but also winning the competition. Even so, do enough viewers know who he is — or remember him — to get his new show off the ground?

"When people ask that, I'm like, 'Well, NO ONE knew me the FIRST time!' I used to joke that people thought Arsenio Hall was a dorm at UCLA. So don't I have a better shot THIS time?" he asked.

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When the ’stash rules all

Nick Offerman. Multi-talented everyman talks his new book and famous facial hair

LISA WEIDENFELD
Metro World News in New York

Nick Offerman may be best known for playing the stone-faced, government-hating Ron Swanson on NBC’s Parks and Recreation, but he’s also an accomplished comedian and stage actor (not to mention woodworker). He’s currently on tour with his wife Megan Mullally, and her band, but took some time off to talk to Metro about his show, his new book and his most famous co-star — his ’stache.

What can people expect when they come to see you?
Some cautionary tales. Some mediocre songs. Some woodworking tips. And some minor nudity.

Minor nudity! Sounds like an exciting show.
Well, you gotta get asses in the seats.

Do you perform with Megan’s band at all?
They open with a handful of songs and then I do my bit and then, just when I’m losing the audience and people are beginning to nod off or finger their parking stubs longingly, the band comes out and we wrap the evening up with a couple songs together.

In almost every interview a question comes up about your moustache. Why is the American public so fascinated by it?
It’s inexplicable. I am lucky enough to be literally riding the coattails of my moustache and I have the good sense to keep my mouth shut and stand behind it, try to look polite.

Let the moustache do the talking?
Yeah. Soon after Parks and Rec came on the air, my moustache was signed by CAA and there’s a whole set of rules. I’m not allowed to make eye contact with it and it doesn’t return my calls. I have to get hold of its representation if I want to talk about trimming or any sort of grooming.

Nick Offerman says he’s riding on the coattails of his moustache’s fame.
GETTY IMAGES

Do you think it’s been ruined by fame or is it the same moustache it always was?
That’s a very good question, but I can’t really speak to it right now, if you get my drift. There’s someone in the car with me that might want to follow up.

As Parks and Rec heads into its sixth season, how do you keep Ron Swanson fresh?
Well, to be honest, I’m such a lucky bastard that I don’t have to try very hard because I have a team of brilliant writers who keep Ron fresh. They go above and beyond … and provide us with new stories and new avenues to pursue so that the audience doesn’t get sick of the same old personality traits. I just mold my face into a constipated rictus and do my best to deliver the dialogue.

Review

Who: Rizzle Kicks

Where: iTunes Festival

When: Friday, Sept. 6

●●●○○

With cusses borrowed from Cockney rhyming like “We don’t give a Daffy Duck,” you can be sure you are not listening to the most bad-assed hip-hop out there when taking in Rizzle Kicks’ iTunes Festival performance. Nor does the Brighton U.K. duo have the illest lyrics: “Hashtag trends/we make people clap clap clap.”

They started off weak, encouraging the audience to, “Jive jive jive,” but it was almost like they couldn’t quite believe their own commands and the whole thing fell flat.

Things picked up once they got to the ska-influenced Wind Up, with its repeated build ups and break downs creating a level of excitement in the crowd that was palpable, even from this reviewer’s seat (which would be at my desk. In Toronto. On my computer.) Skip to the Good Bit was truly horrible, a sloppy rip-off, err, homage to EMF’s Unbelievable. Who rips off EMF?

The best part was the finale when they busted out the big brass for Down with the Trumpets.

Overall they showed themselves to be a couple of affable lads and fairly decent entertainers, even if the whole thing did feel a bit like a commercial for Hip-Hop Lite.

EMINA GAMULIN/METRO

EACH MONDAY IN SEPTEMBER, METRO WILL REVIEW ONE OF THE ACTS PARTICIPATING IN THE ITUNES FESTIVAL. TAKING PLACE ALL MONTH AT THE RENOWNED ROUNDHOUSE IN LONDON – AND STREAMING ONLINE IN HD – THE ITUNES FESTIVAL FEATURES 60 ACTS EACH DAY AT 4 P.M. ET/1 P.M. P.T. TO WATCH LIVE, DOWNLOAD THE ITUNES FESTIVAL APP TO YOUR IPHONE, IPAD, IPOD TOUCH OR APPLE TV. FOR A FULL LIST OF ACTS, VISIT METRONEWS.CA

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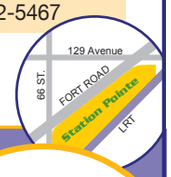

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Liam Hemsworth. ALL PHOTOS GETTY IMAGES

They won't be twerking down the aisle

All the attention Miley Cyrus has gotten for her steamy MTV Video Music Awards performance with Robin Thicke has apparently distracted onlookers from the fact that her engagement to Liam Hemsworth is pretty much over, according to Us Weekly.

The Australian actor is, "Just weeks away from calling it off permanently," a source says. "He is over her and wants to make a clean break. No more back and forth."

Certainly the VMAs performance didn't help matters, as Hemsworth reportedly found Cyrus' dance moves "mortifying."

Victoria Beckham

No bike for Becks

Victoria Beckham is the victim of bicycle theft. The designer and singer posted a photo to Twitter of the remaining wheel and lock for her bike in New York City.

"So I won't be riding home tonight then," she wrote along with the photo. "Searching for the missing bike!"

That's harsh.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Who gave this kid a Kar (dashian)? And a mea culpa from us

THE WORD
Alexandra Cavallo
scene@metronews.ca

I was going to write something about how sick I am of the Kardashians' absurdly public exploits, but then I remembered that if those bozos stopped fighting publicly/having huge butts/marrying athletes and rappers/etc., I'd have a much harder time finding things to write about for this column.

And since I'm writing this particular column on a Sunday, with last night's cocktails still sloshing around in my bloodstream, I was pleased that Kendall Jenner did not disappoint this weekend.

Kendall was apparently taking video selfies of herself while driving on Friday. How do we know this? The little brainiac posted these videos of herself to the Internet. The vids show Kendall making duck faces that she definitely thinks are adorable and sexy eyes (that were definitely not focused anywhere near the road) which is the place that eyes (sexy or otherwise) should be focused when one is operating a motor vehicle.

Please take a nice long minute to consider the fact that a 16-year-old girl had a $110,000 car and you're probably reading this with your face in some guy's sweaty armpit on a bus on your way to a job that doesn't involve being famous for a living.

Editor's note: apparently we do not keep up with the Kardashians quite as well as we think we do.

In Friday's Word, we mistakenly wrote that Lamar Odom is married to Kourtney. He is married to Khloe. Though maybe not for long.

Zach Galifianakis

Galifianakis going to be a father

You Are Here star Zach Galifianakis was a no-show at the film's Toronto International Film Festival premiere this weekend, but he had a very good reason for not attending.

Galifianakis rushed back to New York to join wife Quinn Lundberg, who had gone into labour with the couple's first child, You Are Here director Matthew Weiner confirms to E! News.

"We literally found out on Friday," Weiner says. "Zach is going to be the best dad in the world."

Ben Affleck

Former Superman comes to current Batman's defence

Ben Affleck's casting as Batman in the Man of Steel sequel has caused more than its share of controversy, but at least one actor who used to play Superman thinks it's overblown

"It's great," former Smallville star Tom Welling told reporters at the Toronto International Film Festival.

"He's a tremendous actor, he's a wonderful director and I wish him the best. It's hard to criticize things before they even happen. I know they'll endeavor to make the best film they can."

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Artwork

What to do with mini Picasso's handy work

I have three kids, which basically means I have collected three million pieces of artwork over the years, ranging from the dioramas to a piece of scrap paper with a purple line across it.

To keep some order in my home, and avoid an artwork tsunami, I ask my children to pick a few really special projects — which go in a box — and then I photograph the rest. At the end of each school year, I create a simple photo book of the photos of all of the artwork.

No messy clutter. No mom guilt. ALI MARTELL OF YUMMYMUMMYCLUB.CA

Getting rid of their masterpieces can be difficult. ISTOCK

Eczema

Simple solution

Bathing in warm water dries out a kid's skin and makes eczema worse. Babies and kids don't need to be bathed daily, so there's no medical reason to do this. This is good news for moms: one less task in the bedtime routine. DR. KIM FOSTER OF YUMMYMUMMYCLUB.CA

Exclusively online

Taking your toddler to the zoo: Read more Reasons Mommy Drinks, by Lyranda Martin Evans and Fiona Stevenson at metronews.ca/voices. Buy the book, Reasons Mommy Drinks, in North American bookstores on Sept. 10.

Here comes the airplane ... or not

Tips. Kids need structure but they also need to feel like they have some control. Find a balance.

SARA REMMER, RD
Metro World News

When it comes to meal and snack times, it's important that parents take responsibility for the what, when and where of feeding. However, it's equally important that we let our toddlers and young children be responsible for the whether and how much of eating.

This is the cornerstone of Ellyn Satter's (author of The Division of Responsibility of Feeding, Registered Dietitian and Mental Health Specialist) philosophy when it comes to feeding toddlers.

The what

You get to decide what your toddler eats. Ideally, you should provide a variety of foods for nutritional balance with different colours, flavours and textures. At family meals, your toddlers should be served the same foods that the rest of the family is eating (unless of course, they have a severe food allergy or intolerance). In other words, even if your toddlers are picky eaters, they should not receive a special meal.

Also, when they are old enough, try to include them in meal preparation, which helps them become more open to trying new foods.

The when

There should be structured meal and snack times on most days so that your toddler knows when to expect another chance to eat. Because toddlers have small tummies, ideally they should be offered food every three hours or so. This likely translates into three meals with snacks in between and, depending on bed time, before bed. This timing structure will help your toddler eat until he or she is comfortably full and develops a healthy appetite.

The where

When you are at home, meals and snacks should be eaten at a designated eating area, free from distractions. When children eat in front of a screen, they aren't focusing on their food or their inner hunger/fullness cues. Establish one or two places (preferably at a table) where everyone in the family eats. This will encourage more family meals and also provide more structure for your toddler.

Parents should learn what they can and can't control when it comes to feeding their toddler. ISTOCK

The whether and how much

It is completely up to your children whether they eat what you've served and how much. I know this is really hard for parents, especially after we've spent time making a healthy, tasty meal or snack. But we need to take a step back and ensure there's no pressure, no forcing and no bribing.

We should also allow them to eat at their own pace, without pressure to "eat faster" or "keep up" with the rest of the family unless, of course, they're taking hours on end to finish a meal.

The good thing is toddlers and young kids will not let themselves starve. They are very intuitive when it comes to eating. If they don't eat much at one meal or snack, they'll make up for it in future meals or snacks or even days afterward.

We have to respect their hunger and fullness cues, because they do. YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE THAT HELPS BUSY WOMEN SURVIVE MOTHERHOOD

Literature to chill out your children

Rest and repeat. New book combines illustrations, routine and nature to help children learn the value of restfulness

ALISON BOWEN
Metro World News

Being a kid can be hard: Teach them how to unwind and chill out. ISTOCK

Sometimes being a kid is tough. Even though someone is feeding you, clothing you and even carrying you around part of the time, a lot of worries can take over a little one's mind.

Thursday is National Relaxation Day, so we wanted to know how to help kids relax.

Lisa Hemmings, a massage therapist who teaches Chill Skills for Kids classes, and counsellor Allan O'Keefe hope to help with their new children's book. Imagine Me with the Three Owls encourages tots to bat away stress by using their imagination. With peaceful illustrations of nature, the book walks parents and children through relaxation techniques.

Hemmings and O'Keefe provided Metro with some tips on how to help kids relax:

Simple belly breathing exercise
An easy way to relax our mind and body is to slow our breathing down to a steady rate. Start by asking your children to take some deep slow breaths. Continue until they settle. Then, ask them to put their hands on their belly. When they breathe in, they can feel their belly rise, and when they breathe out they can feel their belly drop. Keep doing this until they feel more relaxed and settled. This can be very useful for anxiety or panic attacks or just simply to wind down.

Chill out the body
Relaxing the muscles in our body from our toes to the top of our head is a great activity to help children relax or to help them with sleep. Find a quiet space. Start by sitting or lying down. Ask your child to close their eyes and relax the part of the body as you say it. Read from Imagine Me with the Three Owls in a slow, steady voice.

Imagine a special place
Children often have great imaginations. Help them to use imagination to create in their minds a special place, such as a beautiful garden, forest or sunset where they can go anytime. Tell them to imagine they are watching the sun setting over the mountains. Then, for fun, ask them to share what they imagined or draw it.

Encourage expressing feelings
When children feel worried, they can feel alone, and if they can't share it with someone, it can lead to stress and anxiety. If they tell you they are feeling worried about an issue, always validate how they are feeling, which helps them feel safe to talk about things. Explore what they are feeling and what it is like for them. What is small to an adult can be big to a child. If they can't express it in words ask them to try drawing it, or use colours to describe how they feel.

Positive self talk

Affirmations. What we think influences how we feel and act. Positive thoughts can help children feel better about themselves so they can be calm. To help change the thoughts that they don't want to have and help put good thoughts in their minds, they can think of some affirmations — positive words that remind us of how we want to think, feel or act. Some examples include thinking, "I am calm," or "I am confident." Have fun making positive thoughts together with your child. It can take time and perseverance to learn to be positive.

Grill your way into fall with Mexicali Marinated Beef Steak

The back-to-school season means life can be frantic. But by grilling extra meat and vegetables on the barbecue, you'll have enough to make lunches the next day.

Serve these steaks carved into thin slices across the grain with steamed rice and kidney beans.

These also work well the next day. Set out warmed tortillas or flatbread plus a variety of toppings such as shredded cheddar, guacamole, diced tomatoes, sliced roasted sweet peppers and salsa. Carve grilled steak into thin slices and tuck into tortillas with toppings. Steak is best served at warm to room temperature

This recipe makes four servings. COURTESY THE CANADIAN PRESS

Ingredients

- 1 lime (grated peel and juice)
- 30 ml (2 tbsp) orange juice
- 10 ml (2 tsp) minced garlic (2 cloves) or 5 ml (1 tsp) garlic powder
- 30 ml (2 tbsp) mild or medium chutney
- 2 ml (1/2 tsp) cumin
- 500 g (1 lb) marinating steak (such as inside skirt, inside round or sirloin tip)

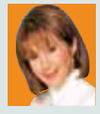
1. In a resealable freezer bag, combine lime peel and juice, orange juice, garlic, chutney and cumin. Pierce steak all over and place in bag with marinade. Marinate in the fridge for 4 to 12 hours.

2. Place steak on greased grill over medium-high heat (200 C/400 F); close lid and grill for 5 to 6 minutes per side for medium. Remove from heat. Tent with foil; let stand for 5 minutes.

3. Serve steak by carving into thin slices across the grain. THE CANADIAN PRESS/ CANADA BEEF, BEEFINFO.ORG

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

The cut of meat does count when it comes to these mini goodies. One contains an overload of calories, fat and sodium.

6 President's Choice mini wieners in pastry

450 calories / 33 g fat / 870 mg sodium

Wieners filled with nitrates and salts then wrapped in greasy puff pastry are not the best way to snack.

Equivalent

Six President's Choice mini wieners in pastry are equal in fat to one 375 g Pillers Kolbassa Sausage.

6 M&M mini bacon wrapped filet

240 calories / 16 g fat / 450 mg sodium

At half the calories, fat and sodium, a healthier app is a petit mouthful of filet mignon wrapped in a small amount of bacon.

Beef & Lentil Salad packs protein punch

This recipe serves six. COURTESY THE CANADIAN PRESS

This salad works well for a buffet dinner and is also good tucked into a pita or tortilla as a wrap for lunches.

1. In a small bowl, combine pepper, Italian seasoning and garlic powder. Rub mixture over steak; let stand for 15 minutes.

2. Grill or pan-fry steak over medium-high heat for 4 to 7 minutes per side for medium-rare to medium doneness. Let stand for 5 minutes.

3. Meanwhile, in a large salad bowl, whisk together oil, red onion, garlic, vinegar, basil, salt, oregano and pepper. Add grilled vegetables, tomatoes, beans and artichoke hearts. Cut steak into thin slices; add to bean mixture. Gently toss together and season to taste, if necessary.

THE CANADIAN PRESS/ CANADA BEEF, BEEFINFO.ORG

Ingredients

- 5 ml (1 tsp) each coarsely ground pepper and Italian seasoning
- 0.5 ml (1/8 tsp) garlic powder
- 500 g (1 lb) beef grilling steak (rib eye, strip loin or top sirloin), 2.5 cm (1 inch) thick
- 50 ml (1/4 cup) each olive oil and minced red onion
- 2 cloves garlic, roasted mashed or minced fresh
- 30 ml (2 tbsp) red wine vinegar
- 15 ml (1 tbsp) chopped fresh basil
- 2 ml (1/2 tsp) each salt and dried oregano
- 1 ml (1/4 tsp) pepper
- 500 ml (2 cups) assorted grilled vegetable chunks (zuc chini, sweet red pepper, asparagus)
- 2 plum tomatoes, seeded and chopped
- 2 cans (each 540 ml/19 oz) mixed beans or lentils, drained and rinsed
- 1 jar (170 ml/6 oz) marinated artichoke hearts, drained and coarsely chopped

Lunch. Beef and Fine Cheddar Wraps

Use very thinly sliced leftover grilled steak for the wraps so that they don't get too bulky.

1. Spread each tortilla right to edge with 15 ml (1 tbsp) of jelly. Top each with 50 ml (1/4 cup) shredded cheese, one-quarter each of the watercress and beef and 30 ml (2 tbsp) cashew pieces. Season with pepper.

2. Roll up each tightly. Eat righ or wrap in plastic wrap and refrigerat up to 8 hours. THE CANADIAN PRESS/ BEEFINFO.ORG

Ingredients

- 4 large flour burrito-size tortillas
- 50 ml (1/4 cup) red pepper jelly (hot or sweet)
- 250 g (8 oz) shredded aged cheddar
- 1 bunch watercress, arugula or handful of baby greens
- 500 ml (2 cups) shaved cooked beef steak (about 10 oz/280 g)
- 125 ml (1/2 cup) cashew pieces
- Pepper, to taste

Are you or your child between the ages of 10 & 17 with Type 2 Diabetes?

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If you are currently taking metformin and are interested in learning more about this Clinical Trial, please contact Lee-Ann (780) 492-2196 or Kristi (780) 492-6156 at the Alberta Diabetes Institute.

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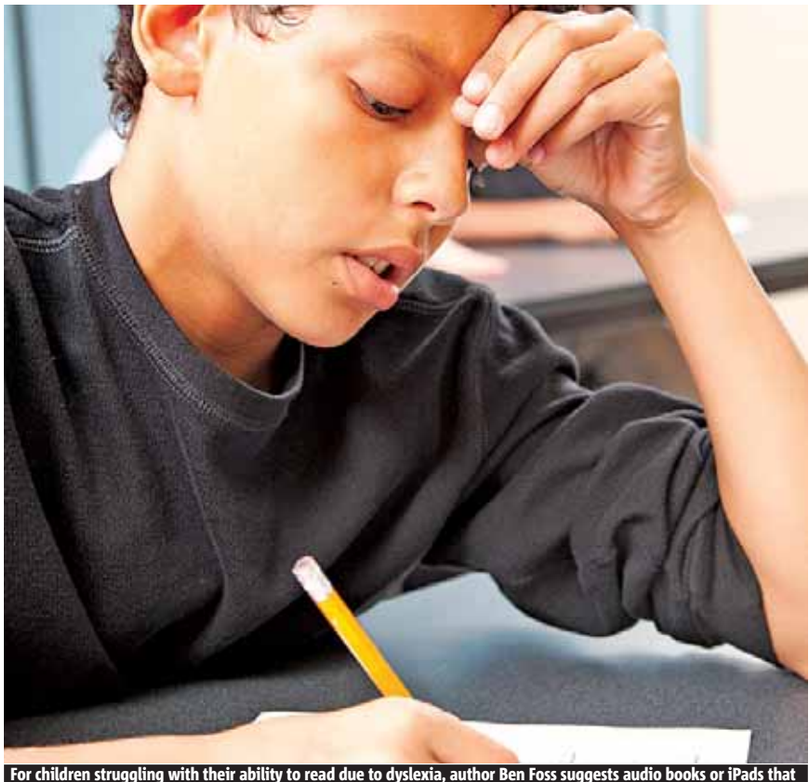
Don't let dyslexia dictate their lives

Demystifying the disorder. Playing to your child's strengths and paying attention to the positives can make dyslexia easier, a new book advises.

JULIE KAYZERMAN
Metro World News in NYC



For children struggling with their ability to read due to dyslexia, author Ben Foss suggests audio books or iPads that read aloud to you. This is an extremely productive way for your child to obtain information. ISTOCK

If you're reading this article during your daily commute on public transit, chances are there are at least five dyslexic people in your midst. The reading disorder affects 10 per cent of the population, with about 400,000 children diagnosed per year in the United States.

Dealing with dyslexia himself, Ben Foss has detailed how to identify and deal with the disorder in his new book The Dyslexia Empowerment Plan: A Blueprint for Renewing Your Child's Confidence and Love of Learning.

We asked Foss how to identify and foster a love of learning in students who are struggling.

Identifying dyslexia

Knowing if a child has dyslexia starts with paying attention to their habits and strengths. Foss says that if children mispronounce words or avoid reading aloud under any circumstances, that could signal to parents that it would be a good idea to have the child tested. Some dyslexic children have trouble memorizing a series of numbers, or confuse words that sound familiar. But dyslexic children have strengths, as well, Foss stresses.

"If your child is dyslexic, you should find where their strength is and you play to it," he says.

Orient your thinking

Foss says a perspective shift is also in order.

"You want to make sure you don't think about dyslexia as a disease. I am from New Hampshire, I'm not diagnosed as being from New Hampshire, I don't suffer from being from New Hampshire I just am from New Hampshire. What you suffer from is being in a school system that expects everyone to do everything the same way. If you're in a wheelchair, the problem is not the wheelchair, it's the stairs."

Tips from the author

- **Encourage your child's resiliency.** "I cannot emphasize enough, you really want to explain to your kid that they're not broken and that they're smart and you love them. The main thing you're looking to build in your child long-term is resilience," says Foss. "You can do this by giving your child unconditional love and giving them responsibility."
- **Get your child formally identified.** Foss explains that this will be a defence against schools trying to tell you "your kid's just developing slowly" or "your kid's just not college material."

Myths, debunked

"Your child needs to be fixed."

- "I think one of the biggest myths is that we're going to fix your child. The thing is, your kid's not broken in the first place," Foss says.

"It's better not to tell your child they have dyslexia."

- "The child will figure it out and they're going need to be a part of the team," he says. Dyslexic students "need to get out there and do the hard work of telling their story and self-advocate, so you really want learn to embrace the profile."

Stars with dyslexia

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BEST MANAGED COMPANIES

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Home sweet dorm.
Expert advice on how to make the most of your new cinder-block palace

JULIA FURLAN
Metro World News in NYC

Between studying, socializing and starting your new life, it's important to have a space to sit back and chill out. ISTOCK

So you've left the nest and your childhood bedroom is poised to become a glorified storage closet for your family's things. Interior designer Tamara Dunner says the best way to make your new, tiny dorm room space feel like home is to decorate with care — with an eye toward colour, pattern and style.

What advice do you give to college students who want to make their new home a little brighter?
I think it's important when you're moving or relocating to bring some things from home. Bring your picture frames with photos of all your friends. They don't have to be standard black picture frames; if you're more traditional, you can do a whitewashed finish.

What should students prioritize?
It's your first home away from home; it should be a secure place for you to come after school where you feel comfortable. It's always hard that first year, so you want to emphasize that you want to personalize your own little cave, your own little place.

How about the walls?
You can get posters, but I know they (usually) won't let you stick nails in the walls in the dorm. You can get light picture frames from Ikea or even take postcards and hang them on the wall. You can get Christmas lights to make it a little bit more funky.

Cohabitant clash

Any tips on style conflicts between roommates?

- Chances are, you and your roommate the first year might not be best friends, so make your own separate area. My daughter was very into neon colours and the girl next to her was into lace and horses. You have a corner, and you pick one area and that's your space where you can show your personality.
- Mostly what happens is that you meet your roommate months before, and a lot of students will compromise. Decorating the room is putting your own individual style to it, which is important.

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SPORTS 4

Young Aussie claims first Tour of Alberta

Cycling. 23-year-old Rohan Dennis outlasts elite competitors as Alberta's Ryan Anderson captures fastest-Canadian honours

Australia's Rohan Dennis celebrates winning the Tour of Alberta in Calgary. JEFF MCINTOSH/THE CANADIAN PRESS

Heading into the final stage of the Tour of Alberta, Rohan Dennis knew he had a great shot at winning the inaugural event.

All the 23-year-old Australian rider had to do was pedal his way into the peloton to maintain his 18-second lead over Brent Bookwalter of BMC Racing Team.

Dennis stuck to the plan with some help from his Team Garmin-Sharp teammates on Sunday during the fifth and final 129-kilometre stage of the race, which started in Okotoks and finished with four laps of a circuit course through downtown Calgary.

"We don't like to try to get ahead of ourselves," said Dennis, who finished with an aggregate time of 17 hours 48 minutes 40 seconds.

"We always know that there is other tactics from other teams that could knock us off our little perch if we let them. I didn't believe that it was always going to be given to us, especially on those circuits. You never know what can happen in the last 15 (kilometres)."

Damiano Caruso finished the six-day tour in third overall followed by Patrick Gretsch and Robert Gesink.

Dennis vaulted into the lead after winning the third stage from Strathmore to Drumheller on Friday and then held onto the yellow leader's jersey through the final two days of the Tour.

"It's really a great honour to be able to come home with the win," said Dennis, who also captured the white best young rider jersey. "It's completely unexpected. Alberta will always remain really close to me. Hopefully I can come back here next year and prepare for worlds and try and back up my win this year."

Peter Sagan of Cannondale Pro Cycling added to wins in the prologue in Edmonton on Tuesday and the first stage of the race from Devon to Camrose the next day by racing across the finish line of the final stage in first in a time of 2:42:20.

Ryan Anderson of Spruce Grove, who finished in eighth spot overall, held on to win the red Best Canadian jersey.

Ottawa's Alexander Cataford finished 20th overall, Quebec City's Antoine Duchesne was 21st, while Ryan Roth of Kitchener, Ont., placed 23rd. THE CANADIAN PRESS

Home crowd

> **"To be able to get on the podium the last three days in front of the crowds is something special for me."**
> **Ryan Anderson of Spruce Grove,** on finishing 8th in the Tour of Alberta.

Tennis

Williams wins again at U.S. Open

Top-seeded Serena Williams won her fifth U.S. Open championship and 17th Grand Slam title overall by beating No. 2 Victoria Azarenka 7-5, 6-7 (6), 6-1 in a windy final.

Sunday's match was the toughest test these two weeks for the No. 1-seeded Williams, who also beat Azarenka in three sets in last year's final. THE ASSOCIATED PRESS

Serena Williams jumps for joy on Sunday in New York City.
GETTY IMAGES

CFL

Bombers deal battered Buck Pierce to B.C.

The Winnipeg Blue Bombers have traded former starting quarterback Buck Pierce to the B.C. Lions.

Pierce joined the Blue Bombers as a free agent in 2010 and made 31 starts over four seasons.

The 31-year-old suffered an undisclosed injury in a 37-14 loss to Hamilton on Aug. 24. He was replaced by Justin Goltz, who led the Blue Bombers past Saskatchewan 25-13 on Sunday before the trade was announced.
THE CANADIAN PRESS

Cowboys win Texas shootout

Eli Manning is tackled on Sunday night in Arlington, Texas.
RONALD MARTINEZ/GETTY IMAGES

The Dallas Cowboys are serious about forcing turnovers.

Eli Manning and the New York Giants couldn't do quite enough to overcome them.

Brandon Carr returned an interception 49 yards for a clinching touchdown, and the Dallas Cowboys beat Manning for the first time at their fancy $1.2 billion stadium with six takeaways in a 36-31 victory over the Giants on Sunday night.

Tony Romo shook off a hit to the ribs that knocked him out for the final Dallas play of the first half and threw a pair of touchdown passes to Jason Witten.

Manning threw three touchdown passes to Victor Cruz and had New York in position for a comeback victory despite the flurry of mistakes.

But with the Giants trailing 30-24, a pass from Manning went off the hand of running back De'Rel Scott into Carr's arms.

The cornerback beat Manning down the sideline for Dallas's second defensive touchdown with 1:50 remaining. Barry Church returned a fumble 27 yards for a touchdown in the third quarter.

The Cowboys went up 27-10 in the third quarter after the fifth miscue — a punt that bounced and hit Trumaine McBride while he was trying to block for the return.

When the mistakes stopped, the Giants made it a game again. New York went 80 yards, capped by Cruz's second score on an 18-yard pass, and Cruz scored again from the 10 to pull the Giants within 30-24 in the fourth. THE ASSOCIATED PRESS

Week 1

- **Saints 23, Falcons 17.** Drew Brees passed for 357 yards and two scores and his New Orleans Saints held on to top Atlanta.
- **Bears 24, Bengals 21.** Jay Cutler passed to Brandon Marshall for the go-ahead TD in the fourth, giving Marc Trestman a victory in his Chicago debut.
- **Colts 21, Raiders 17.** Andrew Luck ran 19 yards for the winning TD, giving Indy its first opening-day win since 2009.

Horoscopes

♈ Aries
March 21 - April 20
You will meet some interesting people this week and if you want to be accepted into their group you are going to have to prove yourself.

♉ Taurus
April 21 - May 21
You will be challenged by some powerful people today but you have what it takes to meet that challenge.

♊ Gemini
May 22 - June 21
Mercury's change of signs indicates that the good times are coming back and by the end of the day you will be smiling again. Life is as good as you want it to be.

♋ Cancer
June 22 - July 23
You may be tempted to suppress your natural instincts in order to complete a task that others need done but is that such a good idea?

♌ Leo
July 24 - Aug. 23
Give yourself 100 per cent to whatever it is you have to do over the next few days. Forget about all the little things that you COULD be doing – there is one thing and one thing only that you SHOULD be doing.

♍ Virgo
Aug. 24 - Sept. 23
You have major obligations that cannot be run away from, so start the week in a serious frame of mind and make sure you get on top of your tasks from the word go. The sooner you start the sooner you win.

♎ Libra
Sept. 24 - Oct. 23
As Mercury moves into your sign today your confidence will start to pick up and you may be tempted to take a few risks. Don't.

♏ Scorpio
Oct. 24 - Nov. 22
If someone offers you something for nothing today there may very well be a catch, but it's just as likely they want you to share in their good fortune.

♐ Sagittarius
Nov. 23 - Dec. 21
Take time out from your busy schedule to focus on things that make you happy. You have done so much for other people in recent weeks that you have neglected your own needs and desires. Time to make up for it.

♑ Capricorn
Dec. 22 - Jan. 20
Do what you feel like doing today, even though others may frown and tell you that you're losing your competitive edge. It's not true, of course. Even a go-getter like you needs to slow down once in a while.

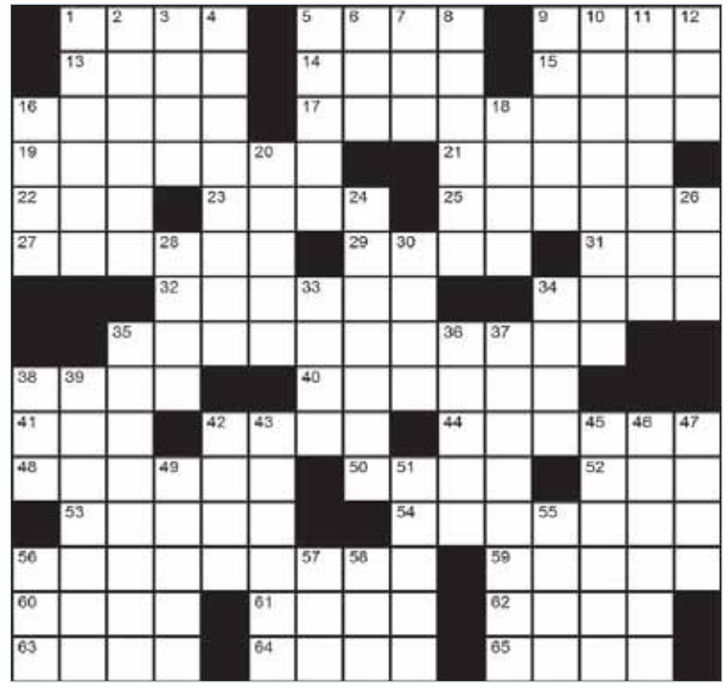
♒ Aquarius
Jan. 21 - Feb. 19
Do something dramatic today, something that makes the world sit up and take notice.

♓ Pisces
Feb. 20 - March 20
Let other people guide you today. Where money and business matters are concerned, in particular, the planets warn you don't have the necessary know-how to make decisions that will benefit you, so listen to the experts. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

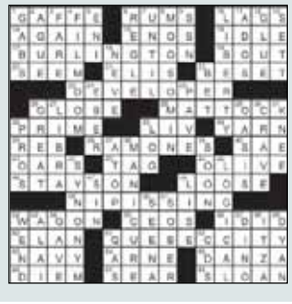
BY KELLY ANN BUCHANAN



Across
1. Irish actor Mr. Townsend, et al.
5. Gym bag item
9. Elbe tributary
13. Alphabetic sequence
14. Thomas Edison's middle name
15. Whirl
16. Loup-__ (Werewolf, in French)
17. Simulated combat game to 'dye' for
19. "On My Own" singer in Les Miserables
21. "__ _ say more?"
22. How non-prescription meds are sold [acronym]
23. Carpentry tool
25. Friend from way back: 2 wds.
27. Mini racing vehicle
29. Pots
31. 'Benedict' suffix
32. Theatre: Spanish
34. Preposition
35. 2014 Spring __ (What designers are showcasing at New York Fashion Week)
38. Greyish
40. Street for Big Bird
41. Margaret of laughs
42. Montreal-born humourist Mort
44. Watered the plants with a light spray
48. It separates Haida Gwaii and mainland BC, __ Strait
50. Scientific spots
52. Lennon's love
53. "__ Gantry" (1960)
54. Gist
56. Furnishings
59. Thoughts
60. Travel by __ (Choo! Choo!)
61. Bubbly chocolate bar
62. Load
63. About, on a company memo: 2 wds.
64. Throw for a __ (Astonish)
65. Scruff

Down
1. Awake or become focused: 2 wds.
2. "For Those About __ __ (We Salute You)" by AC/DC
3. Knowledgeable about: 2 wds.
4. Tree-climbing critter
5. Records
6. _ __ mode
7. Nero's 56
8. Artillery gun on wheels
9. Spherical
10. "Don't It Make Ya Feel" band from Vancouver
11. Dependent
12. Annex
16. Subj. with maps
18. Business contact nos.
20. Birth-related
24. Range in British Columbia, __ Mountains
26. Mr. DiCaprio, to pals
28. This Is Not _ __ (Label warning)
30. Goes bad, as food
33. Musician/radio personality John
34. Loonies
35. Canadian Hip-Hop star
36. Poetic feet
37. Something neglected to be done
38. "Oh!" in Germany
39. Taylor Swift's duet partner on "Everything Has Changed", Ed __
42. Footprint
43. Of the air
45. Get in shape: 2 wds.
46. Cover
47. John and Jane
49. Plentiful
51. He's simply fabulist!
55. John Diefenbaker's first wife
56. Prefix to 'angle'
57. Keanu's 'Matrix' role
58. Miracle-__ (Gardening product)

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

			4	7				1
2		4		1		3		
					9			6
	3	1	8	9		7		
		9				1		
		7		5	4	9	8	
8			5					
		2		3		6		4
1				2	6			

Friday's Sudoku

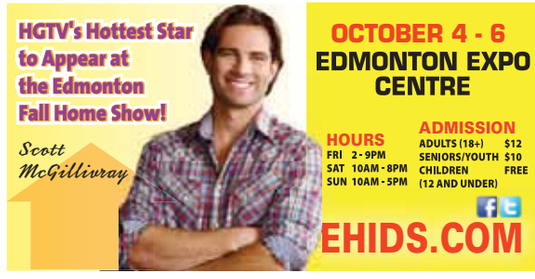
2	4	8	9	7	6	5	1	3
1	6	7	2	3	5	8	4	9
5	3	9	8	4	1	2	7	6
9	5	6	1	8	4	7	3	2
7	8	3	6	9	2	1	5	4
4	1	2	3	5	7	9	6	8
3	2	5	7	6	9	4	8	1
6	7	1	4	2	8	3	9	5
8	9	4	5	1	3	6	2	7

Weather

TODAY	TUESDAY	WEDNESDAY
MAX: 23° MIN: 13°	MAX: 21° MIN: 12°	MAX: 26° MIN: 14°

BT BREAKFAST TELEVISION

MICHELE MCDOUGALL
WEATHER SPECIALIST
"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". **WEEKDAYS 5:30 AM**



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CHRYSLER JEEP RAM MOPAR

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ALL THE BEST IN 2013 SALES EVENT

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Discount: $4,004

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#4752

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Reg: $40,639
Discount: $14,461

CLEAROUT: $25,998 OWN ME $146 B/W

#2483

NEW 2013 CHRYSLER 200 LX

Reg: $22,094 Discount: $4,496

CLEAROUT: $17,568
OWN ME $99 B/W

#1786

NEW 2013 DODGE GRAND CARAVAN

Reg: $30,319 Discount: $9,421

CLEAROUT: $20,748
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Reg: $25,289 Discount: $4,491

CLEAROUT: $20,798
OWN ME $117 B/W

#1143

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Reg: $42,564 Discount: $7,574

CLEAROUT: $34,990
OWN ME $204 B/W

#0737

NEW 2014 Jeep Gr Cherokee LTD

Reg: $51,079 Discount: $5,089

CLEAROUT: $45,990
OWN ME $269 B/W

#9747

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Reg: $60,699 Discount: $16,709

CLEAROUT: $43,990
OWN ME $257 B/W

#0020

NEW 2013 RAM 1500 LARAMIE 4X4 8-SPEED

Reg: $55,699 Discount: $16,709

CLEAROUT: $38,990
OWN ME $228 B/W

5058

NEW 2013 RAM 1500 QUAD SLT 4X4

Reg: $47,344 Discount: $16,354

CLEAROUT: $30,990
OWN ME $181 B/W

#8424

NEW RAM 2500 CREW 4X4 SXT

Reg: $48,389 Discount: $13,399

CLEAROUT: $34,990
OWN ME $204 B/W

#3028

NEW RAM 3500 CREW 4X4 CUMMINS SLT

Reg: $67,819 Discount: $17,829

CLEAROUT: $49,990
OWN ME $292 B/W

#4403

NEW 2013 RAM 3500 CREW 4X4 SXT

Reg: $52,314 Discount: $15,324

CLEAROUT: $36,990
OWN ME $216 B/W

#8010

NEW RAM 3500 LARAMIE MEGACAB CUMMINS 4X4

Reg: $75,429 Discount: $17,439

CLEAROUT: $57,990
OWN ME $339 B/W

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